

7 Steps to Overcome Aches and Pains from a Sedentary Lifestyle

Webinar | September 15, 12pm CT / 1pm ET / 10 am PT

The way we move impacts our bodies, but the way we sit can also impact our bodies. The difference is healthy impact versus negative impacts. Dr. Neal Washburn will answer your questions and teach you tips and tricks to avoid having a sedentary lifestyle. If you have questions for our expert, please submit them through the registration page.



CLICK THE LINK OR SCAN CODE TO REGISTER

<https://tinyurl.com/2nd-md-overcome-aches-pains>

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With 2nd.MD, you have access to compassionate, highly skilled nurses and expert medical specialists. From the moment you reach out, our Care Team will be there to walk you through the process, collect your medical records and pair you with a world-class 2nd.MD specialist for a virtual face-to-face consultation from the comfort of your home.